

Water Sports

Opens 9am-4pm

Non-Motorized—Same Day Reservation

Kayaking, Paddle Board, Hydro Bike, Windsurfing, Pedal Boat, Sailing

Motorized—Reserve the day before

Private Cruise, Water Skiing, Snorkelling, Glass Bottom Boat, Scuba

Beach Towels

Are available in suites on arrival.

Exchange for clean towels can be done by the Main Beach, Mineral Pool & Sunset Beach daily.

Sunset Beach

Au-Naturel Sunbathing

Opens:

9am - 5pm - September to March

9am - 5:30pm April to August

6pm Daily - Opens to all Non-Au- Naturel Guests

Closed: Sunset Beach will be closed at 3pm, on days when a "Sunset Wedding" is scheduled.

Lounges and Huts:

Reserving of Lounges and Huts are not recommended. All items left during the times Sunset Beach is not opened will be removed and turned in to lost and found daily.

Repeat Guest Specials

Reservations via Guest Services at ext. 6009

Repeaters' Dinner

7pm – Wednesday's - Main Pool Deck

Dress Code- Resort Elegant- RSVP by 12 pm on Wednesday

Trading Places with Couples Tower Isle 8:45am–4:00pm Monday, Wednesday or Friday. Meet in lobby at 8:30am

Complimentary Tours

Reservations Required. Guest Services- Extension 6009

Dunn's River Falls Tour

Departs from the Lobby at 10am daily except Friday's

Other Services

PHOTO SHOP ext. 6036

Opens 8am – 8pm. Located by the Lobby Area

WALK DIS WAY GIFTSHOP ext. 6035

Opens 8am-8pm - Located at the entrance of Resort

SANDY SHOP ext. 6037

Opens 8am-8pm- Located at the Main Beach

JEWEL BOX ext. 6033

Opens 8:30am-8pm -Located at the entrance of the property

CHARLIE'S SPA & ROLLY'S SALON ext. 6012

Opens 9am-6pm-Located in the Fitness Centre area & beside the Hibiscus Cottage

Food & Beverage Schedule

Bella Vista- Closed Tuesdays, Wednesdays & Fridays

Casanova & Palazzina- Closed on Fridays

Themed Nights - Main Lawn

7:00pm Tuesday's - Jamaica Night

7:30pm Friday's - Starlight Gala

Palazzina Restaurant - Mediterranean & Italian Cuisine

7:30am – 10:30am Buffet Breakfast

10:30am – 11am – Continental Breakfast

12:30pm - 3pm Buffet Lunch

6:30pm – 9:30pm - Dinner - Reservation Required

Dress Code – Daytime-Resort Casual- (beach coverup, footwear required)

Night time Dress- Resort Chic- Gentlemen- (T-shirt, polos, shorts, slacks, or dress jeans- no rips or holes)

Ladies- (Dresses, skirts, shorts or slacks)

Casanova Restaurant - Caribbean Cuisine

6:30pm – 9:30pm - Dinner - Reservation Required

Dress Code - Resort Elegant (No Sandals, T-Shirts, Shorts, Jeans, or Hats)

Gentlemen – (Tailored pants, collared shirt and closed toe shoes)

Ladies – (Summer dresses and any footwear)

Bella Vista Grill & Restaurant - Jamaican Cuisine

12noon – 5pm – Beach Grill

6:30pm – 9pm – Dinner -No Reservation Required

12am – 5am – Midnight Grill

Dress Code: Casual

6am – 11pm - Room Service (Last Order 10:30pm)

10am – 5pm - Mini Bar Service

RESORT ACTIVITIES



Daytime Activities

Daily Orientation 10 am & 5 pm (Meet in lobby)

SUNDAY

8:00am	Nature Walk	Meet in Games Room
10:00am	Dunn's River Departs	Lobby
11:00am	Pool Volley Ball	Main Pool/SSB
11:30am	Domino Challenge	Swim-up pool bar
11:30am	Bocce Ball	Sunset Beach
12:15pm	Sans Souci Trivia	Main Pool/SSB
2:30pm	Fishing Tournament	Lily Pond
3:00pm	Board Games	Main Pool/SSB

MONDAY

8-10am	Tennis Lessons	Tennis Court
8:00am	Yoga	Fitness Pavilion
9:00am	Aerobics	Fitness Pavilion
10:00am	Dunn's River Departs	Lobby
11:00am	Aquacise	Mineral Pool
11:30am	Tie Dye	Sunset Beach
11:30am	Jewelry Making	Main Lawn
12:15pm	Earth Hour	Main Lawn/SSB
3:00pm	Jewelry Making	Sunset Beach
3:00pm	Tie Dye	Main Lawn

TUESDAY

8-10am	Tennis Lessons	Tennis Court
9:00am	Aerobics	Fitness Pavilion
10:00am	Dunn's River Departs	Lobby
11:00am	Aquacise	Mineral Pool
11am-12pm	Jamaican Info Hour	Main Lawn/SSB
12:30pm	Backyard Games	Main Lawn/SSB
2:30pm	Rum Class	Main Pool/SSB
3:00pm	Evolution of Reggae/Dancehall	Main Stage
5:30pm	Mento Tribute Live	Main Beach

WEDNESDAY

8:00am	Nature Walk	Meet in Games Room
8-10am	Tennis Lessons	Tennis Court
8:00am	Yoga	Fitness Pavilion
9:00am	Aerobics	Fitness Pavilion
10:00am	Dunn's River Departs	Lobby
11:00AM	Aquacise	Mineral Pool
11:00am	Sports Trivia	Main Lawn/SSB
11:30am	Bocce ball	Main Lawn
11:30am	Table Tennis	Sunset Beach
12:15pm	Pool Volley Ball	Main Pool/SSB
2:30pm	Croquet Challenge	Main Lawn
2:30pm	Fishing Tournament	Lily Pond
3:00pm	Sports Hoops	Main Lawn/SSB

THURSDAY

8-10am	Tennis Lessons	Tennis Court
9:00am	Aerobics	Fitness Pavilion
10:00am	Dunn's River Departs	Lobby
11:00am	Aquacise	Mineral Pool
11:00am	Battle of the Sexes	Main Pool/SSB
11:30am	Couples Paper Dance	Main Pool/SSB
12:15pm	Pool Volley Ball	Main Pool/SSB
2:30pm	Couples Bingo	Main Lawn/SSB
3:00pm	Cooking Demo	Main Lawn

FRIDAY

8-10am	Tennis Lessons	Tennis Court
8:00am	Yoga	Fitness Pavilion
9:00am	Meditation	Fitness Pavilion
11:00am	Aquacise	Mineral Pool
11:00am	Aquacise	Mineral Pool
11:00am	Ring Toss	Main Pool/SSB
11:30am	ABC Fast or Slow	Main Pool/SSB
12:15pm	Movie Trivia	Main Pool/SSB
2:30pm	Table Tennis	Main Lawn
2:30pm	Dart Tournament	Sunset Beach
3:00pm	Pool Volley Ball	Main Pool/SSB

SATURDAY

10:00am	Dunn's River Departs	Lobby
11:00am	Fish A Prize	Main Pool/SSB
11:30am	Bingo	Swim-up Pool Bar
11:30am	Jenga Challenge	Sunset Beach
12:15pm	Music Trivia	Swim-up Pool bar
2:30pm	Line Dance Class	Main Lawn
3:00pm	Bingo	Sunset Beach
3:00pm	Jenga Challenge	Main Lawn

Rainy Day Activities

In the unlikely event of inclement weather, we would love you to join us at Heliconia Suite for movies and other games. Other options include Main Beach Bar. Rain or shine the entertainment team is ready for you to have a great time!

Evening Entertainment

SUNDAY- RETRO ROMANCE

8:45pm	Resident Band Performs	Balloon Bar
9:30pm	SHOWTIME	Balloon Bar
10:30pm	Karaoke	Heliconia Suite
11:00pm	Sing- A -long	Balloon Bar

MONDAY- XTREME NIGHT

6:00pm	Managers Cocktail Party	Main Pool Deck
8:45pm	Pre-Show	Main Stage
9:30pm	SHOWTIME	Main Lawn
11:00pm	Sing-A-Long	Balloon Bar

TUESDAY- JAMAICA NIGHT

8:15pm	SHOWTIME	Main Stage
9:45pm	Jamaican Party	Sunset Beach

WEDNESDAY- JAZZ & CABARET

8:45pm	Resident Band Performs	Balloon Bar
9:30pm	SHOWTIME	Balloon Bar
10:30pm	Outdoor Movie	Pool Deck
11:00pm	Sing - A - Long	Balloon Bar

THURSDAY- CULTURAL NIGHT

9:30pm	Ballads & Bonfire	Main Beach
10:00pm	Sing - A - Long	Balloon Bar

FRIDAY- STARLIGHT GALA

6:00pm	Sunset Saxophone Hour	Sunset Beach
7:15pm	Starlight Gala Presentation	Main Stage
8:25pm	Jewel Box Raffle	Main Stage
8:30pm	SHOWTIME	Main Stage
10:00pm	Paradise Party	Sunset Beach

SATURDAY- MUSICAL FUSION SATURDAY

8:45pm	Resident Band Performs	Balloon Bar
9:30pm	SHOWTIME	Balloon Bar
11:00pm	Sing-A-Long	Balloon Bar

Activities are subject to change without notice